

Run by: *New Akanksha Shiksha Samiti*
Dr. RADHAKRISHNAN COLLEGE OF EDUCATION
(Recognised by N.C.T.E., Sate Govt. & Affiliated to R.D.V.V. Jabalpur)
Patan Road Near NEW RTO Karmeta, Jabalpur (M.P.)-482002
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DVV- 1.2.2

Average Number of Value-added courses offered during the last five years

1.2.2.1. Number of Value – added courses offered during the last five years

DVV Query

- Brochure and Course Content along with CLOs of Value added courses

Institution Response

The institute attached Brochure and Course Content along with CLOs of Value added courses.


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Brochure and Course Content Value added courses



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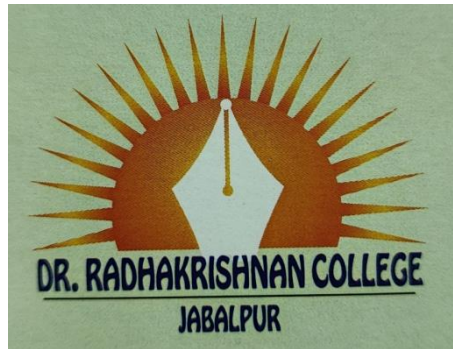
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Contents

S.No.	Value added Courses	Name of course
1`	RVAC - 1	Basics Of Yoga
2.	RVAC – 2	Art and craft
3.	RVAC – 3	Communication Skills


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CLOs OF VALUE ADDED COURSES

Dr.Radhakrishnan college of Education while planning its curriculum keep focus on CLO for Value added Programmes offered by the institution. It helps the students to know their objective of the Value added course. It provide guidance to students of what they are expected to do. It provides the broader aspect of understanding the Value added course curriculum to the students.

Value added courses are

1. Basics of Yoga

2. Art & craft

3. Communication skills.

General Objective

- (i) To inculcate good values and encourage the students.

Specific Objective

- (ii) Increase students knowledge about Value added courses.
- (iii) (ii) To increase student's confidence in their abilities to make appropriate career decision based on their interest, values and skill.
- (iv) (iii)To increase student's movements towards the achievement of their vocational identities.


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Value Added Courses Basics of Yoga

Course Code: RVAC-1

Course Duration: 6 months

Eligibility: Any student who got admission in our institution n B.Ed. and M.Ed. course.

Objectives: After completion of this course, the students will be able to:

1. Promoting positive health, prevention of stress related health problems and rehabilitation through Yoga.
2. Practice basic Aasnas.
3. Practice mental hygiene.
4. Possess emotional stability.
5. Integrate moral values.

Outcomes:

1. Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination
2. Demonstrate the ability to perform yoga movements in various combination and forms.
3. Course content: Foundations of Yoga: Introduction, Meaning, Aim and objectives of yoga, Importance of Yoga
4. Human Body: Meaning and its Importance in Yoga.
5. • Basic Asanas: Meaning, Definition, Principles and their techniques, benefits of Asanas.
6. Pranayamas: Meaning, Definition, Prana and its types, principles• and classification of pranayamas, benefits and precautions of pranayamas.

Course Content:

1. Introduction to Yoga; Ashtang Yoga, Types of Yoga
2. Introduction to Asanas or Yoga Postures, Basic Sitting Postures and their effects on health and wellbeing. Paschimottanasana, JanuShirasana, Naukasana, Vakrasana, Padmasana, Vajrasana and others
3. Basic Standing Postures and their effects on health and wellbeing, Tadasana, Garudasana, Trikonasana and others.
4. Basic Supine Postures and their effects on health and wellbeing. Makarasana, Dhanurasana, Bhujangasana, Halasana, Sarvangasana, Shalabhasana, Naukasana, Shavasana and others.
5. Pranayama (Breathing Techniques & Exercises), types and methods

Value Added Course-Basics of Yoga



Value Added Course-ART & CRAFT

Course Code: RVAC-2

Course Duration: 6 months

Art and craft has always been an integral part of the Indian heritage. The student after finishing this course gets a very good opportunities to take self-employed hobby classes or work as art and craft teachers in various schools & institutes.

Course Content: The course curriculum consist of two Papers (One Theory & One Practical)
Medium of Instruction The Course Material is available in medium Hindi/English

Instructional Strategy • Self-instructional printed material

1. Face to face classes
2. Hands on Experience
3. Practical-Training
4. Audio and Video support
5. Availability of Art and Craft Materials (by Fevicol)

Eligibility: Any student who got admission in our institution n B.Ed. and M.Ed. course.

Scheme for Evaluation & Certification:

For appearing in examination, the learner will apply for examination. There will be evaluation of both components, theory as well as the practical separately. Certificate provided by College to the learners after completing the programme successfully.



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Value Added Course-ART & CRAFT



Value Added Courses Communication Skills

Course Code: RVAC-3

Course Duration: 6 months

Eligibility: Any student who got admission in our institution n B.Ed. and M.Ed. course.

Objectives: After completion of this course, the students will be able to:

1. Develop the art of speaking English.
2. Develop excellent interview skills.
3. Speak English with Confidence.
4. Speak with proper tone of voice.
5. Improve the ability to think in English.
6. Overcome the fear of English speaking.

Outcomes:

1. Development in the students' abilities in grammar, oral skills, reading, writing and study skills.
2. Awareness of correct usage of English grammar in writing and speaking.
3. Speaking ability in English both in terms of fluency and comprehensibility.

Course Content:

1. Sentence Formation (Structure)
2. Thought Process Development
3. Interview Skills & Accent Training
4. General English for Daily Speaking
5. Vocabulary (Multi-Dimensional)
6. Lessons on What & How to speak
7. Effective Listening Skills
8. Critical Thinking & Creativity
9. Confidence Building & Fluency
10. 10. Reading & Writing Skills


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Value Added Course-Communication Skills




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